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**FISCAL YEAR 2008
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMORANDUM #16**

TO: Child and Adult Care Food Program Institutions

FROM: Mary Ann Chartrand, Director
Grants Coordination and School Support

DATE: June 13, 2008

SUBJECT: Mealtime Memo for Child Care

Attached are three issues of the *Mealtime Memo for Child Care*. The titles are, "Teaching Children about the Food Groups: Grains/Breads" "Adjusting Recipes," and "Dental Health for Young Children."

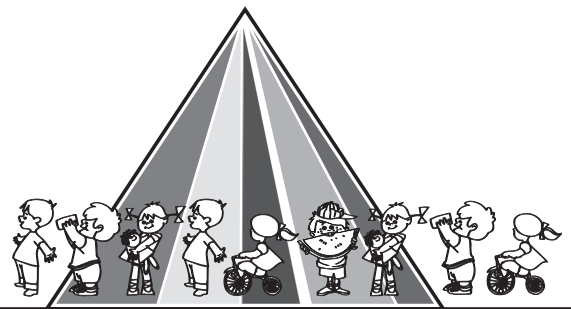
Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and include menus, recipes, and activities related to child care. Subsequent issues of the *Mealtime Memo for Child Care* will be provided when published.

If you have any questions regarding this memorandum, you may contact the Child and Adult Care Food Program staff at (517) 373-7391.

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Teaching Children about the Food Groups: Grains/Breads

The *Dietary Guidelines for Americans* recommend choosing a diet that is rich in fruits, vegetables, and whole grains. Talking about what foods in each food group do in the body can get children excited about trying new foods. This issue will focus on how to teach children about the grains/breads food group.

Grains/breads provide important nutrients.

- The *Dietary Guidelines for Americans* recommend that at least half of the grains we consume be whole grains.
- Whole wheat and other whole grains are higher in fiber and other nutrients than refined grains, such as white flour. Refined grains are made by removing the bran and germ of the grain kernel.
- Enriched breads have some of the nutrients added back that are lost in the refining process.
- Serve a variety of whole grain breads and other grains to expose children to the taste and texture of whole grains. Older children can learn to identify whole grains in their meals.



Grains/Breads Teaching Points

- Breads, rice, cereal, pasta, oats, waffles, and pancakes belong to the grains/breads food group.
- Ask the children to identify the grain or bread item in their breakfast, lunch, and snack for one day.
- Tell children that grains and breads give them energy.

- Many breads and cereals are made from wheat flour. Show children a picture of a wheat field to show how wheat grows.

Food Activity: Making Mini Pizzas

Ingredients for each child:

- Half of a whole grain English muffin
 - 2 tsp tomato sauce
 - 2 tsp grated parmesan cheese
 - 1 slice mozzarella or cheddar cheese
 - 3 mushroom slices
 - 5 pieces diced green peppers
1. Instruct each child to take an English muffin half and choose ingredients to place on top of the muffin.
 2. After children have made their pizzas, help them to place their pizzas on a cookie sheet.
 3. Bake 15-20 minutes at 250 °F or 10 minutes at 400 °F.
 4. Ask children to identify the food groups represented in the pizza.

Book List

- *Pancakes, Pancakes!* by Eric Carle
- *Bread and Jam for Frances* by Russell Hoban and Lillian Hoban
- *From Wheat to Bread* by Kristin Thoennes Keller
- *Everybody Cooks Rice* by Norah Dooley



Mealtime Memo FOR CHILD CARE

Baked Whole Wheat Doughnuts A-07¹

Frozen whole eggs, thawed OR	½ cup	Baking powder	2 tsp
Fresh large eggs	3 each	Baking soda	1 tsp
Brown sugar, packed	¾ cup	Ground cinnamon	¼ tsp
Honey	¼ cup	Ground ginger	¼ tsp
Lowfat plain yogurt	½ cup	Ground cloves	¼ tsp
Vegetable oil	¼ cup	Sugar	½ cup
Enriched all-purpose flour	2 ¾ cups	Ground cinnamon	1 ½ tsp
Whole wheat flour	1 cup		

In a bowl, whisk eggs until foamy. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine. Combine flours, baking powder, baking soda, cinnamon, ginger, and cloves in a separate bowl. Sift dry ingredients into egg mixture, 1 cup at a time. Stir lightly after each addition until a soft dough is formed. Cover with plastic and refrigerate for at least 1 hour. On a well-floured surface, roll out dough to a ½” thickness. Cut doughnuts with a floured doughnut cutter. Combine unused dough and continue process until all dough is used. Coat two half-sheet pans (13” x 18” x 1”) with pan release spray and line with paper. Place doughnuts 3 across and 4 down onto each pan. Spray tops of doughnuts lightly with pan release spray. Topping: Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture. Bake until lightly browned. Conventional oven: 350 °F for 6-8 minutes; convection oven: 300 °F for 6-8 minutes.

Number of servings: 24

Serving size: 1 doughnut provides the equivalent of 1 ¼ slices of bread.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled chicken slices Potatoes with Vegetables- I-01A ¹ Steamed broccoli Cornbread Milk	Meat Lasagna- D-19 ¹ Green salad Apple slices Milk	Tuna salad sandwich Red grapes cut in half lengthwise Carrot sticks with peanut butter ² Milk	Chicken and Noodles- D-17 ¹ Steamed spinach Sweet potato wedges Milk	Mexican Pizza- D-13 ¹ Mexicali Corn- I-15 ¹ Diced apricots Milk

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Sunflower seed butter can be substituted for peanut butter.

Sources:

National Food Service Management Institute. (2004). *More than mudpies: A nutrition curriculum guide for preschool children* (4th ed). University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved January 11, 2008, from <http://www.nfsmi.org>

U.S. Department of Health and Human Services, & U.S. Department of Agriculture. (2005, January). *Dietary Guidelines for Americans, 2005* (6th ed). Retrieved January 30, 2008, from www.healthierus.gov/dietaryguidelines

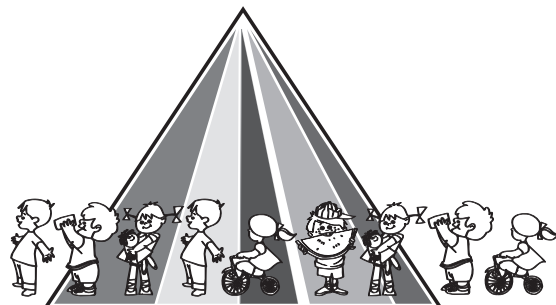
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Mealtime Memo

FOR CHILD CARE



No. 5, 2008

Adjusting Recipes



USDA Recipes for Child Care are developed and tested to yield both 25 and 50 servings. Since some child care providers may have fewer children in their care, it may be necessary to adjust recipes to yield smaller amounts.

Use the following steps to change the yield of a recipe.

1. Change fractions to decimals for weights and measures that are given in fractions.

$\frac{1}{8} = 0.12$	$\frac{5}{8} = 0.62$
$\frac{1}{4} = 0.25$	$\frac{3}{4} = 0.75$
$\frac{3}{8} = 0.38$	$\frac{7}{8} = 0.88$
$\frac{1}{2} = 0.50$	

2. Change ounces to pounds.

It is recommended to adjust a recipe **by weight** rather than by volume when possible. In order to do so, it is necessary to change ounces to fractions of a pound.

Conversion Table for Changing Ounces to Pounds

1 oz = 0.06 lb	9 oz = 0.56 lb
2 oz = 0.12 lb	10 oz = 0.62 lb
3 oz = 0.19 lb	11 oz = 0.69 lb
4 oz = 0.25 lb	12 oz = 0.75 lb
5 oz = 0.31 lb	13 oz = 0.81 lb
6 oz = 0.38 lb	14 oz = 0.88 lb
7 oz = 0.44 lb	15 oz = 0.94 lb
8 oz = 0.50 lb	

Example: To convert 9 lb 5 oz to pounds, use the conversion table to find that 5 oz = 0.31 lb. Therefore, 9 lb 5 oz = 9.31 lb.

3. Determine the factor to use for adjusting the recipe based on the needed yield.

A formula can be used to change a recipe's yield.

$$\frac{\text{needed yield}}{\text{recipe yield}} = \text{factor}$$

Example: To adjust a recipe for 25 servings so that it produces 10 servings, the factor is:

$$\frac{10}{25} = 0.4$$

4. Multiply all ingredients in the recipe by the factor.

Example: Consider the following ingredients in the recipe for Banana Muffins- A-04¹:

For 25 servings:	For 10 servings
15 oz all-purpose flour	15 oz 0.40* = 6 oz all-purpose flour
1 tsp salt	1 tsp 0.40* = 0.40 tsp salt
8 oz fresh bananas, peeled	8 oz 0.40* = 3.2 oz fresh bananas, peeled

*The factor (0.40) for adjusting the recipe is shown in bold print.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.



Mealtime Memo FOR CHILD CARE

Banana Muffins- A-04¹

Fresh bananas, peeled	8 oz	Frozen egg whites, thawed	½ cup
Enriched all-purpose flour	3 ½ cups	OR	OR
Instant nonfat dry milk	⅓ cup	Fresh large egg whites	3 each
Baking powder	2 Tbsp	Water	1 ¼ cup 2 Tbsp
Sugar	1 cup	Vanilla	2 tsp
Salt	1 tsp	Vegetable oil	¼ cup 2 Tbsp

Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened. Slowly add oil and mix for about 30 seconds on low speed. Do not overmix. The batter will be lumpy. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined. Bake until lightly browned. Conventional oven: 425 °F for 10-12 minutes; Convection oven: 350 °F for 10-12 minutes.

Number of servings: 25

Serving size: 1 muffin provides the equivalent of 1 slice of bread.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Baked chicken	Beef and Rice	Bean Soup- H-08 ¹	Grilled chicken in	Beef-Turkey Loaf-
Baked beans	Casserole- D-07 ¹	garnished with diced	a pita pocket	D-04 ¹
Cole slaw	Steamed broccoli	ham and reduced fat	Apple slices	Peas and carrots
Diced peaches	florets	cheddar cheese	Fruit and Rice	Orange wedges
Corn muffin	Milk	Sweet potato wedges	Dessert- B-09 ¹	Milk
Milk		brushed with olive oil	Milk	
		Plum		
		Whole wheat roll		
		Milk		

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Sources:

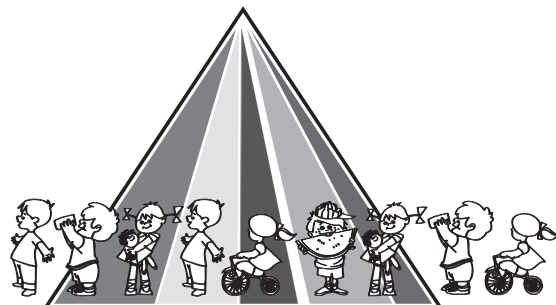
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Dental Health for Young Children



Teaching children about the importance of caring for their teeth can promote lifelong dental health. Children can learn to select foods and beverages for meals and snacks that promote healthy teeth.

Teach children about the importance of caring for their teeth.

Use the talking points and activities below to teach children about caring for their teeth. Consider inviting a dental hygienist to talk to children about how to care for their teeth.

1. Ask children to name three things that teeth do.

- Teeth are important for speaking. Have children say the word “tooth” to feel their tongues touching their teeth to make the “t” sound. Tell children it would be difficult to sing “Twinkle, Twinkle, Little Star” without teeth.
- Teeth are important for eating. Teeth help us to bite foods, such as apples. Teeth also help us to grind food before swallowing.
- Teeth are important for smiling!

2. Do an activity to show how decay spreads through a tooth.

Take an apple and make a one-inch deep hole in it. Put it in a paper bag and set aside. After 2-3 days, remove the apple from the bag and cut through the place where the hole was made. Have the children

look at the effect of decay. Tell them that teeth can also decay when we do not take care of them. We care for our teeth by brushing, flossing, visiting the dentist, and eating foods that are healthy for our teeth.

3. Identify Foods that Promote Healthy Teeth

Tell children that sticky foods and sugary foods promote tooth decay. Ask them to name sticky foods. Raisins, fruit leathers and chews, and candy are some examples. Tell children that brushing their teeth after eating these foods can help their teeth stay healthy.

Foods that Help Keep Teeth Healthy

- Hard boiled eggs
- Cheese
- Plain yogurt
- Raw vegetables
- Meat, fish
- Nuts, peanut butter (without sugar)
- Pretzels, crackers
- Toast

4. Serve Snacks that Promote Healthy Teeth

Help children identify snacks that are healthy for their teeth. Some examples are:

- Apples and milk
- String cheese and crackers
- Peanut butter and pretzels
- Hard boiled egg and carrots



Mealtime Memo FOR CHILD CARE

Bean Dip G-02¹

Canned garbanzo beans	3 ½ cups
Lemon juice	1 ½ tsp
Granulated garlic	1 tsp
Vegetable oil	2 Tbsp
Low-sodium soy sauce	½ tsp
Ground black or white pepper	⅛ tsp
Dried parsley	2 Tbsp
Water	¼ cup



Mash or blend all ingredients, either by hand or by using a food processor. Refrigerate until ready to serve. Portion with No. 30 scoop (2 Tbsp).

Number of servings: 25

Serving size: 2 Tbsp provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
String cheese Whole grain crackers Water ³	Apple slices Peanut butter ² Water ³	Peach crisp with oat topping Milk Water ³	Bean Dip- G-02 ¹ with whole wheat pita wedges Water ³	Baked apple sprinkled with granola Milk Water ³

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Sunflower seed butter can be substituted for peanut butter.

³Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

Sources:

American Dental Association. (2005, March 14). *Classroom ideas and resources*. Retrieved February 26, 2008, from <http://www.ada.org/public/education/teachers/ideas.asp>

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